

Florida Keys Healthy Start Coalition Quarterly Newsletter

July-September 2008



In this issue:

**New Logo! New Newsletter Design! New Email
Addresses!**

Summer Quarterly Coalition Newsletter

A newsletter resource designed to benefit those associated with maternal and child health, public health, and the women and children of Monroe County. Please note some important address and email changes in this edition. Please feel free to share this quarterly newsletter with friends and colleagues, and encourage them to subscribe to the newsletter and visit our [Fla Keys Healthy Start Coalition](#) website or call 305-293-8424.



Preparing for the 2008 Hurricane Season

As we enter the 2008 Atlantic storm season, we are reminded of the importance for keeping track of our most vulnerable population; moms and babies! This edition we will share some resources of interest as well as our tips for a safe storm season. Visit our [Fla Keys Healthy Start Coalition](#) website or call 305-293-8424 for more information.



**Effective Immediately Please Note:
Staff Email and Mailing Address Changes**

Florida Keys Healthy Start Coalition
PO Box 6166 Key West, Fla 33041

Arianna Nesbitt CEO@Keyshealthystart.org
Jody Smith Williams Admin@Keyshealthystart.org
Ja Good Contractmgr@Keyshealthystart.org
Mirine Dye Liaison@Keyshealthystart.org

Please add these to your address book and spam filters. We will no longer use our Department of Health email addresses effective July 8.

Babies were born to be breastfed.

1-800-994-WOMAN www.4woman.gov

Or talk to your healthcare provider.

Best Wishes for Health and Healing to Gwen Douglass and Family

Long time board member Keith Douglass and his wife Diane, former care coordinator, have been dealing with the severe car accident injury and recovery of their daughter Gwen. As of July 2nd, Gwen had made enough progress to be released to her parents and come to the Keys to continue her physical recovery. We wish Gwen and her parents a summer of health. Donations to assist with the recovery costs can be made at any First State Bank in Gwen Douglass' name.



FKHSC Helps Welcome Young Women to Camp BPW!

The Business and Professional Women are holding their annual national summer camp right here in the Florida Keys on Pigeon Key. Coalition Board Vice-Chair Holly Merrill, on behalf of the Business and Professional Women, Upper Keys Century, is welcoming the young future leaders to the Keys. The Coalition donated welcome pack items to help these young women start thinking about their health and the impact of their decisions now, on the health of their future family plans. The Coalition strives to educate young women BEFORE their active reproductive years as part of our preconception care program.

New Healthy Start Prenatal Screens here in August

To make the form more user-friendly and up to date, the State has designed a new form which Coalitions will be getting out to area health care providers.

We rely on midwives and physicians to screen pregnant women at the first prenatal appointment and send that screening form to our offices so that we can identify who we need to assist. This is how our program works! It's also required by the state that ALL pregnant women are screened, whether they receive Healthy Start services or not.

The implementation plan for the revised prenatal screen involves a gradual transition from the current form to the revised form. There currently is approximately \$10,000+ of current form stock in the DOH distribution center that must be used prior to distribution of the revised form (waste not!).

As these forms make their way to Monroe county, your Coalition staff will be providing a short in-service on these forms, so please watch for our staff to visit soon. The uniform use of the new forms helps us help the women of the Keys.

Effective July 1, 2008, It's the Law in the State of Florida "Janelle's Law"

The law was passed in the State of Florida after the occurrences of several incidents where citizens have died as a result of carbon monoxide poisoning, under circumstances that ARE PREVENTABLE. A carbon monoxide alarm will be required in every building (residential and commercial) for which a building permit is issued for new construction on or after July 1, 2008, and having a fossil-fuel-burning heater or appliance, fireplace, or an attached garage. The carbon monoxide alarm will need to be installed within 10 feet of each room used for sleeping purposes. The new State Law also applies to public lodging, as it relates to every enclosed space or room that contains a boiler system. Help us save a life - install a carbon monoxide detector. For additional information, please contact Janelle's Wishing Well Foundation

at - info@janelleswishingwell.org --- a non-profit organization, which advocates on enhancing the public's awareness on the dangers of CO.

Summer Health Celebrations!

July Think Preparedness month!

August 1-7 World Breastfeeding Week

September 9 Fetal Alcohol Spectrum Disorders Awareness Day

September is National Cholesterol Awareness Month



FKHSC joins the Florida Healthy Teens Coalition

We have joined the Florida Healthy Teens Coalition. In the latest meetings we learned about strategies to engage school board leaders in assuring a comprehensive sex education program for our community. In Florida, AIDS-related illnesses are the 9th leading cause of death for teens and teens report 31% of all newly acquired cases of sexually transmitted infections.

Florida has the 6th highest teen pregnancy rate and each year 48,440 teens get pregnant, and

the Florida Keys are not exempt from the issues surrounding teen pregnancy.

In 2005, 12% of female high school students and 21% of male high school students in Florida reported having had four or more lifetime sexual partners.

We support the Florida Healthy Teens Campaign. To find out more, visit [Healthy Teens Florida](#)

Maternal and Child Health in the news

LOCAL ISSUE: DOMESTIC ABUSE & PREGNANCY

In the month of May, there were two incidents which made our local newspapers regarding violent assaults on pregnant women in Stock Island and Islamorada. Coalition CEO Arianna Nesbitt and Domestic Abuse Shelter CEO Venita Garvin-Valdez issued a joint statement of concern which ran in the [Key West Citizen](#). (click on link for editorial)

Research suggests that abuse should be considered a risk factor for preterm birth and that obstetricians routinely ask women about domestic violence. For the full text of this study, go to [Abuse and Preterm Birth Study](#)



Special Thanks to Representative Ron Saunders!

During the recent 2008 Legislative Session everyone anticipated budget cuts, most of which would have a significant impact on social service and health programs. The Revenue Estimating Conference was scheduled to meet this past Spring and recommend further budget cuts of the State of Florida. Initially, the first House proposal was to cut the Healthy Start program by \$5 million, the Senate position was to cut \$700,000 which was the lowest amount that could be cut and still allow Healthy Start to keep their Federal funding. The Healthcare Budget Conference met several times during budget week and the House was not flexible on the budget cut position. During the course of the numerous pleas, correspondence, letter writing and other efforts to Ron Saunders office and many others, it was decided that Healthy Start would receive no funding reduction. We were told that the road was not easy by any means and we are grateful and give thanks to State Representative Ron Saunders' office and appreciate the support locally and the participation with our Coalition.

Infant Mortality: causes of death in the U.S. from 1999-2004

Data collected by the Centers for Disease Control lists the following as the top 5 causes of death in infants <12 months old:

1. Birth defects
2. Prematurity and low birth weight

3. SIDS(Sudden Infant Death Syndrome)
4. Maternal complications of pregnancy
5. Heart defects

Cesarean Section Births Cause Rise in Individual Insurance Premiums

28% of our Keys women giving birth in Key West will have a cesarean section birth. **Upwards of 50%** of our Keys women giving birth in Miami will give birth via c/section. The statistics are staggering and are cause for alarm both as a health issue and a financial issue.

Although many women who have had a Caesarean can safely have a normal birth later, in recent years many doctors and hospitals have refused to allow such births, because they carry a small risk of a potentially fatal complication, uterine rupture. Not only are women feeling pressure to have Caesareans that they do not want and may not need, but they may also be denied coverage for the surgery. "Obstetricians are rendering large numbers of women uninsurable by overusing this surgery," said Pamela Udy, president of the International Caesarean Awareness Network, a group whose mission is to prevent unnecessary Caesareans.

Insurers' rules on prior Caesareans vary by company and also by state, since the states regulate insurers, said Susan Pisano of America's Health Insurance Plans, a trade group. Some companies ignore the surgery, she said, but others treat it like a pre-existing condition.

Continued Thanks To Our Board of Directors

Cheryl Cottrell, Board Chair, Mariner's Hospital
Holly Merrill, Vice Chair, Representative Ron Saunders office
Michael Cunningham, Past Chair, Florida Keys AHEC
Lynn Wintermyer, Secretary, Healthy Families
Linda Welsh, Treasurer, Child Find Program
Maggie Vogelsang, Lower Keys Medical Center, Maternal/ Infant Care Unit
Mary Williams Monroe County Early Learning
Betsy Langan, Womankind
Cathy Sembert, Monroe County Schools

Save the Date! Coalition retreat August 21,22

Care Coordinator Corner

Meet Key West Healthy Start Care Coordinator Lilia Solis-Dean. Lilia came from Cuba in 1970 , and received her first nursing degree 1973 in California, and her BSN in 1992 from University of Miami. She has been a single mom to her daughter who now has a son- making Lilia a proud grandmother! She has been in the Keys since 1985, and has always worked with babies in many settings such as the NICU at Jackson Memorial. She has now been with Monroe County Health Dept for 20 years. She says that she finds educating first time moms rewarding, and that a challenge she sees is money for prenatal care.

Her wish for our program? " *I wish we had free clinic for care like years ago -the IPO clinic (improved pregnancy outcome)*".

So do we Lilia! Thanks for all you do!



Special Section:

Hurricane Preparedness

Pregnancy Checklist



- [Emergency Birth Kit](#)
(keep in sealed box)
- Plenty of fluids
- [Prenatal care passport record](#)
- List of alternative birth places
- List of neighbors or others to help if you are in labor
- Prenatal vitamins
- Other medications you need
- Healthy food for 3 days or more
- 1 gallon of water per day

Newborn Checklist



- Plan to breastfeed
- [Infant care passport record](#)
- Ready-to-feed infant formula ONLY if not breastfeeding
- Only milk until 6 months old
- Foods and water needed after 6 months
- Diapers and wipes
- Hand sanitizers and soaps

Children Checklist



- Children's medical records
- Fluid replacement drinks (i.e., Pedialyte)
- Canned fruits and vegetables
- Shelf life tofu or canned meat
- Breads and crackers
- Shelf life juices and milks
- Cereal and granola
- Ready-to-eat meals
- Peanut butter and nuts for older children
- Comfort items in case child is worried or scared
- Children need 1 gallon of water per day too

Coalition Staff:

Arianna Nesbitt, Executive Director
Jody Smith Williams, Administrative Assistant
Ja Good, Contract Manager
Mirine Dye, Community Liaison

Coalition committees:

By-law/audit/finance committee contact Arianna Nesbitt
Healthy Babies committee contact Jody Smith Williams
Quality management/program improvement committee contact Ja Good
Marketing/Fundraising/Outreach committee contact Emily Haessler
Fetal Infant Mortality Review committee meets ad-hoc contact Mirine Dye

Click and support!

*Follow the link and enter Fla Keys Healthy Start Coalition...Help us
earn as you search the internet!*

